

NOURISHING NEWS

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS

VOLUME 2, ISSUE 6

JANUARY 2008

This publication has been sent to all:

- School Food Service Directors
- School Food Service Kitchen Managers
- CACFP Directors/ Owners and Program Managers



HEALTHY MEALS FOR EVERY CHILD, EVERY DAY!

Inside this issue:

- A Message from the Director 1
- Wellness at Home 2
- Encourage Teachers & Staff to Eat Lunch with Students 2
- St. Mary's Wellness Policy by Peggy Quesnell 3
- Do You Have a Staff Wellness Program? 3
- Parents Bring Wellness Home 4

A Message from the Director

Here we are, well into the implementation of our Idaho Local School Wellness Policies. Everyone has worked hard for the last few years to get where they are today on this important topic. Our Idaho State Department of Education, Child Nutrition Wellness Survey results show great things are happening in our state.

It is apparent that the success of any Wellness Policy includes the participation of several key players and partners. The Idaho survey shows some of the most successful policies have included, at a minimum: parents, students, representatives of the school food authority, the school board and



school administrators. But the involvement does not need to stop there. Now that your policy is written and being implemented, how are you going to keep it moving and growing in a positive direction? Maybe this is the time to consider additional partners and input on your Wellness Policy Committee for continued success.

We are proud of the great accomplishments we have seen in sev-

eral Idaho school districts concerning the Wellness Policy implementation and assessment. We have featured several of these best practices on our Child Nutrition Web site so the ideas can be shared with other districts looking for new and inventive ideas. Good job everyone.

To view the survey results and Idaho best practices go to: <http://www.sde.idaho.gov/Child/default.asp> and click the Wellness Policy box.

Sincerely,

Colleen Fillmore, PhD, RD, LD
Director, Child Nutrition Programs

Upcoming Training Opportunities

Maximizing Your Menu

February 13, 2008

Lewiston
Pocatello

February 27, 2008

Boise
Coeur d' Alene
Idaho Falls

February 28, 2008

Twin Falls

Preview the Review

February 19-20, 2008

Caldwell

ARE YOU WALKING THE TALK... OR JUST TALKING THE TALK?

Your students look to you as a role model. Are you seizing the opportunity to lead them to healthful eating and physical activity habits...or just telling them what they should do? To find out, answer "yes" or "no" to each question below.

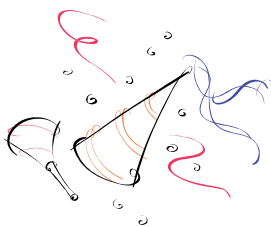
- ___ Do you eat a balanced diet that includes whole grains, vegetables, fruits, low-fat milk or dairy products and lean meats on most days of the week?
- ___ Do you eat breakfast every morning?
- ___ Do you usually choose nutritious snacks such as fruits, vegetables, yogurt or whole-grain crackers?
- ___ Do you watch portion sizes for treats such as chips, sweets and soft drinks?
- ___ Are you physically active for at least 30 minutes every day, or most days?
- ___ Do you eat meals with your students when you can?

How'd you do? Congrats on every "yes" answer—you're doing a terrific job as a role model in these areas. Consider each "no" answer an opportunity to make a change in your own behavior so you're an even better role model for your kids.

Adapted from Kidnetic.com

CIRCULATE TO:

- ☐ Superintendent
- ☐ Principal
- ☐ School Nurse
- ☐ Health Teacher
- ☐ Kitchen Staff



Students Need Healthy Role Models

- One in seven Idaho high school students is at risk of becoming overweight.
- Female students (37%) are nearly twice as likely as male students (20%) to describe themselves as being overweight.
- One in ten students buy their lunch from a vending machine at least one day during the week.



Wellness at Home

Anna Mae Florence, RD, LD
Coordinator



Sometimes, because we are in child nutrition, we are motivated to look healthy; to seem as though we are doing all of the right things. And maybe at work, we are. But then we go home, and are not as motivated to improve our health; we want quick, easy, and relaxing.

It is very important that the wellness

message comes home; and even considering quick, easy, and relaxing, it is possible. Plan dinner meals ahead of time! Pull meats, etc. out of freezer in the morning or the day before. Healthy meals can be ready in 20 minutes.

Remember fruit at the evening meal. If you are too tired to cut fresh, open a can.



Walk with a neighbor or with your children. It's easy to put aside exercise when it is only you, but if you know that your friend or children are counting on you, it may help you get going on those difficult days. Have you thought about how relaxing a walk can be?

Place motivational or inspiring messages in strategic locations.

Identify the most difficult aspect for you. Just do it once. It's amazing how breaking through the barrier once can be the inspiration you need to continue wellness at home. Let's not just seem healthy; let's be healthy!

Encouraging Teachers and Staff to Eat Lunch with Students

Heidi Martin, RD, LD
Coordinator

Schools in Idaho are working hard to provide healthy food options for students, but the students aren't always eating the healthy items offered. They may need a little help and encouragement from an adult.

In order for the adults in your school to be healthy role models they need to take the time to show students that they have healthy behaviors themselves. How many teachers and school staff members at your school eat a healthy lunch with the students? Teachers are usually eating healthy, but they often eat in a teachers lounge or in their classroom, by themselves; not where their students can see them practicing these healthy habits.

If we are working hard to get the students in our schools to choose and eat healthy foods, it makes sense to have several adults in our school cafeterias modeling this behavior. Some students don't

have the opportunity to eat meals with adults at home and may be relying on the adults in schools to model healthy eating behaviors. The students have to learn these healthy habits from someone, and teachers and other school faculty members can be this person.

While we talk about the importance of adults being in the school cafeteria, it is important to realize there is a big difference between an adult being a healthy role model and an adult in the cafeteria being the food police. Ideally, the adults in the school cafeteria would be eating and interacting with the students, asking them about the foods they are eating, what they like, or if they have tried a new food. This fosters positive feelings about food and the mealtime, and will encourage students to eat the healthy foods being offered. An adult who marches around blowing a whistle and forcing students to eat all the

food on their tray can be extremely detrimental to your program. Would you go back to a restaurant if the waiter was watching over your shoulder, telling you what you should eat and how much?

Some teachers may need some education in this area. It may be helpful if a member from foodservice attends a staff meeting and talks to the school staff about fostering a healthy eating environment and the difference between encouraging students to eat healthy and forcing them to eat foods. You never know when you can make a difference in a child's life by just providing some positive guidance & reinforcement.



St. Mary's Wellness Philosophy

Peggy Quesnell

St. Mary's School—Moscow, Idaho

Two or three years ago, St. Mary's School in Moscow, Idaho was having a problem at lunch. When children forgot lunch, they would call home and mom, dad or grandma would bring them lunch. Unfortunately, in the rush of the times, it would end up being from McDonalds, A&W, or another fast food place. Of course when other children saw parents bringing in fast food lunches, they, too, would "forget" their lunch so they could call home and get nuggets or pizza or fries.



Our Nutrition Committee met in the spring of 2005 to establish our well-

ness philosophy and how to reduce these actions. It was decided that in the fall, we would notify parents at the Open House that we did not want fast food lunches brought in and if a child forgot their lunch, they would be signed up for regular hot lunch. We also asked parents not to send pop in cold lunches. To help with this, we also asked the teachers and staff to set a good example by not bringing in Pepsi, Coke, or drinks in labeled cups. We felt that advertising these foods or drinks, especially in the bags or cups, did not help the students make good lunch or drink choices.

Overall, this ended fast food lunches and encouraged students to eat hot lunch or bring a home-made lunch from home. Teachers and staff work hard to set a good example, and it is healthier for them, too. It's also saved our parents from having to dash up to school with a lunch for their child. We are pleased with the results.



Room for Improvement

- Only 23.1% of Idaho students drink three or more glasses of milk per day, compared to 26.6% of Idaho students who drink soda pop one or more times per day.
- 21.7% of Idaho students watched three or more hours of TV per day on an average school day, compared to 39.2% of Idaho students who were physically active for a total of 60 minutes or more per day.

Source: 2005 Idaho Youth Risk Behavior Survey Results

Do You Have a Staff Wellness Program?

Heidi Martin, RD, LD

Coordinator

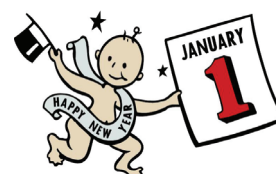
Ideas for Staff Wellness Programs

Districts should continue to work on and improve their school wellness policy. Consider including wellness for staff in your district's policy. Some small changes in your district could make a big difference in the health of school staff members and in turn, have a positive impact on the student body. Below is a list of possible options for a staff wellness program:

- Vending machine rules in wellness policies that also apply to vending machines in teacher lounges.
- Goal-setting programs to help encourage staff to work toward health-related goals.
- Peer support groups for weight management or other health-related topics.
- Time during the school day to be active: walking breaks, participating in P.E., access to the school's athletic equipment before, during, or after school.
- Educational opportunities for staff, including nutrition, fitness, stress management, and/or general health topics.



Staff wellness is not a required component of a Wellness Policy, but it is a good topic to add. The adults in schools are some of the primary role models for students and can be great at modeling good health practices. Has your school started an exercise program for staff or some other health incentive program that you can share? The Department of Education, Child Nutrition Programs is looking for ideas to share with schools for quality staff wellness programs. If you have a good program you would like to share, send it to Heidi Martin at hcmartin@sde.idaho.gov



Parents Bring Wellness Home

Anna Mae Florence, RD, LD
Coordinator

The poster this month contains two reproducible handouts: **Nutrition Education Ideas for Elementary Teachers** and **Wellness Tips for You and Your Family**. Each of these is for you to share with teachers, parents or students.

The teachers can use the examples from **Nutrition Education Ideas** in the classroom. These ideas can be part of a classroom discussion about healthy choices or assist with increasing knowledge on carbohydrates. Included is a fun, inexpensive experiment uncovering the amount of sugar found in soft drinks. A listing of Web sites is also available with useful information for teachers as well as students.

The other reproducible handout, **Wellness Tips for You and Your Family**, can be distributed to the students for them to bring home to their parents. The parents will find some useful information concerning eating together as a

family as well as Web sites that offer additional tools for them and their child. There is also guidance on how to use healthier ingredients to produce healthier meals as well as ideas for the whole family to get up together and exercise.

We encourage you to share these reproducible so you can pass along the Wellness message. These reproducible are also found on our Wellness Web site at www.sde.idaho.gov/Child/wellness.asp as well as in the back of the Wellness best practice magazine.



State Department of Education

Tom Luna
Superintendent of Public Instruction
650 W. State St.
P.O. Box 83720
Boise, ID 83720-0027
208-332-6800
Toll Free: 800-432-4601

For more information contact:
Anna Mae Florence RD LD at 208-332-6829
-or-

Heidi Martin RD LD at 208-332-6827
or visit www.sde.idaho.gov/child/

Paid for by USDA grants.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY).

"USDA is an equal opportunity provider & employer."

Mailing Label

A HAPPY
NEW YEAR

Idaho State Department of Education
Child Nutrition Programs
P.O. Box 83720
Boise, Idaho 83720-0027